



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01297, Yogurt, Greek, vanilla, lowfat

Report Date: July 16, 2017 19:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	78.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kJ	398	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Protein ¹	g	8.64	15	0.052	8.05	9.46	6.0	8.512	8.768	1	Analytical or derived from analytical	--	08/2015
Total lipid (fat)	g	2.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Ash ¹	g	0.55	15	0.011	0.44	0.62	12.0	0.53	0.576	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	9.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Sugars, total ¹	g	9.54	8	0.206	7.19	11.74	2.0	8.754	10.323	1	Analytical or derived from analytical	--	08/2015

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Sucrose 1	g	4.07	8	0.138	3.12	7.44	3.0	3.598	4.539	1	Analytical or derived from analytical	--	08/2015
Glucose (dextrose) 1	g	0.32	8	0.066	0.18	0.58	3.0	0.116	0.526	1	Analytical or derived from analytical	--	08/2015
Fructose 1	g	1.92	8	0.053	0.38	4.49	4.0	1.767	2.073	1	Analytical or derived from analytical	--	08/2015
Lactose 1	g	2.63	8	0.034	2.31	2.79	3.0	2.522	2.736	1	Analytical or derived from analytical	--	08/2015
Maltose 1	g	0.00	8	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
Galactose 1	g	0.60	8	0.013	0.48	0.7	3.0	0.557	0.642	1	Analytical or derived from analytical	--	08/2015
Minerals													
Calcium, Ca	mg	100	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Iron, Fe 1	mg	0.04	15	0.002	0.04	0.06	7.0	0.037	0.048	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1	mg	10	15	0.060	9	11	10.0	9.936	10.201	1	Analytical or derived from analytical	--	06/2015

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Phosphorus, P 1	mg	119	15	0.484	110	129	8.0	118.294	120.522	1	Analytical or derived from analytical	--	06/2015
Potassium, K 1	mg	123	15	1.720	108	136	9.0	119.299	127.119	1	Analytical or derived from analytical	--	06/2015
Sodium, Na	mg	40	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Zinc, Zn 1	mg	0.46	15	0.006	0.37	0.54	11.0	0.443	0.47	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.018	15	0.001	0.01	0.02	7.0	0.017	0.02	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1	mg	0.008	15	0.000	0.01	0.01	10.0	0.008	0.009	1	Analytical or derived from analytical	--	06/2015
Selenium, Se 1	µg	9.7	8	0.154	7.5	10.9	4.0	9.241	10.098	1	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Riboflavin 1	mg	0.240	8	0.020	0.17	0.32	4.0	0.183	0.296	1	Analytical or derived from analytical	--	06/2015

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Niacin ¹	mg	0.201	8	0.006	0.18	0.24	3.0	0.179	0.223	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid ¹	mg	0.386	5	0.006	0.36	0.4	1.0	0.315	0.456	1	Analytical or derived from analytical	--	06/2015
Vitamin B-6 ¹	mg	0.050	8	0.002	0.04	0.06	3.0	0.044	0.056	1	Analytical or derived from analytical	--	06/2015
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	33.4	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Vitamin B-12 ¹	µg	0.64	5	0.030	0.33	0.74	1.0	0.299	0.976	1	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	110	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	110	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, IU	IU	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

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Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.9	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin D3 (cholecalciferol) ¹	µg	0.9	2	--	0.9	0.9	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin D ¹	IU	35	2	--	34	37	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01082	06/2015
Lipids													
Fatty acids, total saturated	g	1.465	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
4:0 ¹	g	0.083	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	08/2015
6:0 ¹	g	0.021	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
8:0 ¹	g	0.036	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.219	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	08/2015
12:0 1	g	0.102	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	08/2015
14:0 1	g	0.177	3	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	08/2015
15:0 1	g	0.033	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
16:0 1	g	0.568	3	--	0.03	0.07	--	--	--	1	Analytical or derived from analytical	--	08/2015
17:0 1	g	0.012	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:0 1	g	0.215	3	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	08/2015
20:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.846	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
14:1 ¹	g	0.011	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
15:1 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated ¹	g	0.016	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
16:1 c ¹	g	0.016	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
16:1 t ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
17:1 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated ¹	g	0.398	3	--	0.01	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:1 c ¹	g	0.360	3	--	0.01	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:1 t ¹	g	0.038	3	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.005	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
22:1 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:1 t ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.203	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
18:2 undifferentiated ¹	g	0.094	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:2 n-6 c,c ¹	g	0.094	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:2 CLAs ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:2 t not further defined ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.005	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.005	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
18:3 n-6 c,c,c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3i ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:4 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 n-6 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated ¹	g	0.004	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2015
20:5 n-3 (EPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Fatty acids, total trans-monoenoic	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Cholesterol	mg	5	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD